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l-glutamine, l-alanine, glycine, l-arginine, l-lysine and ornithine alpha-ketoglutarate; 1.5% to 2.5% medium chain triglycerides; 1.5% to 2.5% creatine monohydrate; 0.18% to 0.28% l-carnitine; 0.15% to 0.25% grape seed extract; 0.025% to 0.035% coenzyme Q10; 0.01% to 0.02% piper nigrum extract; and 0.0001% to 0.0003% alpha lipoic acid.

16. The food supplement of Claim 15 in which said amino acid premix includes the following amino acids:
l-leucine, l-glutamine, l-alanine and glycine.

17. The food supplement of Claim 16 in which said amino acids are present in the following percentages per total weight of premix: l-leucine 35% to 45%, l-glutamine 30% to 40%, l-alanine 5% to 15%, glycine 5% to 15%.

18. The food supplement of Claim 15 in which said mixture also includes 0.05% to 0.15% conjugated linoleic acid.

19. The food supplement of Claims 15, 16 or 18 in which said mixture also includes 0.25% to 0.35% phosphatidylserine/phosphatidylcholine complex.

20. The food supplement of Claims 15, 16 or 18 in which said soy protein isolate is water extracted and includes retained isoflavones.

21. The food supplement of Claim 15 in which said amino acid premix includes l-leucine, l-glutamine, l-alanine, glycine, l-arginine, l-lysine and ornithine alpha- ketoglutarate.

22. The food supplement of Claim 21 in which said amino acids are present in the following percentages per total weight of premix: l-leucine 25% to 30%, l-glutamine 20% to 25%, l-alanine 4% to 7%, glycine 4% to 7%,

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l-arginine 20% to 25%, l-lysine 8% to 15%, ornithine
alpha-ketoglutarate 4% to 7%.

23. The food supplement of Claim 15 in which said
mixture also includes 0% to 3% lecithin and 0% to 3% one or
more flavoring agents.

24. A food supplement comprising a dry mixture of the
following ingredients in a daily serving of about 26g to
78g: about 61.9% water-extracted soy protein isolate
containing at least 80% protein, about 27.7% carbohydrate
consisting essentially of fructose, about 2.7% of an amino
acid premix comprising two or more free form amino acids
selected from the group consisting of l-leucine,
l-glutamine, l-alanine, glycine, l-arginine, l-lysine and
ornithine alpha-ketoglutarate, about 1.9% medium chain
triglycerides, about 1.9% creatine monohydrate; about 0.2%
l-carnitine; about 0.2% grape seed extract, about 0.1%
conjugated linoleic acid, about 0.3%
phosphatidylserine/phosphatidylcholine complex, about 0.03%
coenzyme Q10, about 0.01% piper nigrum extract, about
0.0002% alpha lipoic acid, about 1.3% lecithin, and about
1.7% flavoring agents.

25. A method for supplementing the diet of an athlete,
comprising administering to the diet of the athlete a
supplement comprising lipoic acid or a derivative thereof,
and creatine or a derivative thereof.

26. A method of Claim 15 wherein the food supplement
is mixed with water to provide a liquid drink.

27. A method for enhancing an athlete's muscle size or
strength, comprising administering to the diet of the